



## DELL Precision 5690 Intel Core Ultra 7 155H Mobile workstation 40.6 cm (16") Full HD+ 32 GB LPDDR5x-SDRAM 512 GB SSD NVIDIA RTX 1000 Ada Wi-Fi 7 (802.11be) Windows 11 Pro Grey

Brand : DELL

Product family: Precision

Product code: 58JKH

Product name : 5690

- Windows 11 Pro 64-bit  
- Intel Core Ultra 7 155H (24MB Cache)  
- 40.6 cm (16") Full HD+ 1920 x 1200 IPS, NVIDIA RTX 1000 Ada (6GB GDDR6)  
- 32GB LPDDR5x-SDRAM & 512GB SSD  
Intel Core Ultra 7 155H (24MB Cache), 32GB LPDDR5x-SDRAM, 512GB SSD, 40.6 cm (16") Full HD+ 1920 x 1200 IPS, Intel Arc Graphics, NVIDIA RTX 1000 Ada (6GB GDDR6), WLAN, Webcam, Windows 11 Pro 64-bit

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Take your ideas to the next level with \*the world's #1 workstations; optimized for performance, reliability and user experience.

DELL Precision 5690. Product type: Mobile workstation, Form factor: Clamshell. Processor family: Intel Core Ultra 7, Processor model: 155H. Display diagonal: 40.6 cm (16"), HD type: Full HD+, Display resolution: 1920 x 1200 pixels. Internal memory: 32 GB, Internal memory type: LPDDR5x-SDRAM. Total storage capacity: 512 GB, Storage media: SSD. On-board graphics card model: Intel Arc Graphics, Discrete graphics card model: NVIDIA RTX 1000 Ada. Operating system installed: Windows 11 Pro. Product colour: Grey



Design		Audio	
Product type *	Mobile workstation	Speakers manufacturer	Waves
Product colour *	Grey	Built-in microphone	✓
Form factor *	Clamshell	Number of microphones	2
Market positioning	Business	Camera	
Display		Front camera	✓
Display diagonal *	40.6 cm (16")	Front camera resolution (numeric)	2.07 MP
Display resolution *	1920 x 1200 pixels	Front camera resolution	1920 x 1080 pixels
Touchscreen *	✗	Front camera HD type	Full HD
HD type	Full HD+	Video capturing speed	30 fps
Panel type	IPS	Infrared (IR) camera	✓
LED backlight	✓	Network	
Native aspect ratio	16:10	Top Wi-Fi standard *	Wi-Fi 7 (802.11be)
Anti-glare screen	✓	Wi-Fi standards	802.11a, 802.11b, 802.11g, Wi-Fi 4 (802.11n), Wi-Fi 5 (802.11ac), Wi-Fi 6E (802.11ax), Wi-Fi 7 (802.11be)
Display brightness	500 cd/m²	Mobile network connection *	✗
Pixel density	142 ppi	Antenna type	2x2
RGB colour space	DCI-P3	WLAN controller model	Intel Wi-Fi 7 BE200
Colour gamut	100%	WLAN controller manufacturer	Intel
Maximum refresh rate	60 Hz	Bluetooth	✓
Contrast ratio (typical)	1300:1	Ports & interfaces	
Processor		USB 3.2 Gen 2 (3.1 Gen 2) Type-C ports quantity	1
Processor manufacturer *	Intel	HDMI ports quantity *	1
Processor family *	Intel Core Ultra 7	HDMI version	2.1
Processor generation	Intel® Core™ Ultra (Series 1)	Thunderbolt 4 ports quantity	2
Processor model *	155H	Intel® Thunderbolt 4	✓
Processor cores	16		
Processor threads	22		
Processor boost frequency	4.8 GHz		
Performance cores	6		

Processor		Ports & interfaces	
Efficient cores	8	Combo headphone/mic port	✓
Low Power Efficient-cores	2	USB Type-C DisplayPort Alternate Mode	✓
Performance-core Max Turbo Frequency	4.8 GHz	Performance	
Efficient-core Max Turbo Frequency	3.8 GHz	Ambient light sensor	✓
Low Power Efficient-core Max Turbo Frequency	2.5 GHz	Accelerometer	✓
Performance-core base frequency	1.4 GHz	Proximity sensor	✓
Efficient-core base frequency	0.9 GHz	Gyroscope	✓
Low Power Efficient-core Base Frequency	700 MHz	Hall sensor	✓
Processor cache	24 MB	Keyboard	
Processor cache type	Smart Cache	Pointing device	Touchpad
Processor base power	28 W	Numeric keypad *	✗
Maximum turbo power	115 W	Keyboard backlit	✓
Neural processor unit (NPU)		Software	
Neural processor unit (NPU)	Intel AI Boost	Operating system architecture	64-bit
Maximum frequency NPU	1.4 GHz	Operating system installed *	Windows 11 Pro
Sparsity support	✓	Battery	
Windows Studio effects support	✓	Battery technology	Lithium-Ion (Li-Ion)
AI software frameworks supported by NPU	DirectML, ONNX RT, OpenVINO, Windows ML	Number of battery cells	6
Memory		Battery capacity *	99.5 Wh
Internal memory *	32 GB	Battery voltage	11.55 V
Internal memory type	LPDDR5x-SDRAM	Battery recharge time	3 h
Memory form factor	On-board	Fast charging	✓
Maximum internal memory *	32 GB	Battery charge indicator	✓
Memory channels	Dual-channel	Battery weight	363 g
Memory data transfer rate	7467 MT/s	Power	
Storage		AC adapter power	165 W
Total storage capacity *	512 GB	AC adapter frequency	50 - 60 Hz
Storage media *	SSD	AC adapter input voltage	100 - 240 V
Total SSDs capacity	512 GB	USB Power Delivery (USB PD)	✓
Number of SSDs installed	1	Security	
SSD capacity	512 GB	Cable lock slot	✓
SSD interface	PCI Express 4.0	Cable lock slot type	Wedge
NVMe	✓	Fingerprint reader	✓
SSD form factor	M.2	Trusted Platform Module (TPM)	✓
SSD performance class	40	Trusted Platform Module (TPM) version	2.0
M.2 SSD size	2280 (22 x 80 mm)	Password protection	✓
Optical drive type *	✗	Operational conditions	
Graphics		Operating temperature (T-T)	0 - 35 °C
Discrete graphics card model *	NVIDIA RTX 1000 Ada	Storage temperature (T-T)	-40 - 65 °C
Discrete graphics card memory	6 GB	Operating relative humidity (H-H)	10 - 90%
Discrete graphics memory type	GDDR6	Storage relative humidity (H-H)	0 - 95%
On-board graphics card *	✓	Operating altitude	-15.2 - 3048 m
On-board GPU manufacturer	Intel	Non-operating altitude	-15.2 - 10668 m
Discrete graphics card *	✓	Operating shock	110 G
On-board graphics card family	Intel Arc Graphics	Non-operating shock	160 G
On-board graphics card model *	Intel Arc Graphics	Operating vibration	0.66 G
Audio		Non-operating vibration	1.3 G
Number of built-in speakers	4	Weight & dimensions	
		Width	353.7 mm
		Depth	240.3 mm
		Height (front)	2.05 cm
		Height (rear)	2.22 cm
		Weight *	2.03 kg

### Packaging content

Cables included	AC
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### Catalog Object Cloud



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